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# HOW TO IMPROVE SEXUAL DRIVE

# What are sexual problems in men?

Common sexual problems in men include erectile dysfunction (impotence or ED), premature ejaculation, and loss of libido. The definition of sexual dysfunction is the inability to have a satisfactory sexual relationship. This definition depends on each person's own interpretation on what he judges satisfactory. In general, sexual dysfunction can affect the quality of life and, even more importantly, can be the first symptom of another medical or psychological problem. Any sexual complaint should be taken seriously and evaluated.

# How does sexual function work?

Sexual activity involves coordination between various systems of the body. Hormones and neurological pathways must be in sync for sexual desire to be present. Blood vessels, nerves, and penile integrity must all be present for an adequate erection and its maintenance during the sexual relation.

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